

TAB Cares News

UNIVERSITY MEDICAL CENTER OF EL PASO

Teen Health Services
9839 Kenworthy
El Paso TX 79924

SPECIAL POINTS OF INTEREST:

- Parents are the key to success !!!
- Who? What? Tweens?
- Start education early with lots of love!
- Nutrition danger signs, recognizing signs of eating disorders.
- DO you really think scare tactics work with teens?

Northeast teen health services

Where do I go? Who can I trust? And what if I don't have any money? Those are some of the questions that teens are faced with when seeking pregnancy tests and other family planning related exams. The University Medical Center of El Paso has expanded their services to teens in the northeast side of El Paso. Services for teens are **FREE and CONFIDENTIAL** and walk-ins are always welcome. The Teen Health Ser-

vices will include pregnancy tests and counseling, emergency contraception, information on the various birth control methods, education on healthy relationships and dating violence, abstinence and sexually transmitted infections including HIV/AIDS. For more information on the UMC northeast teen health services, please call 521-7482.

Northeast services also provide:

-Patient Financial Services

-Outpatient Lab/Pharmacy

-Rehabilitative Services Department

-Diagnostic Imaging

The clinics are located at 9839 Kenworthy, El Paso TX 79924.

For more information on these services, please call (915) 521-7900.



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CONGRATULATIONS!



Communication 101: Never use Scare tactics

One communication trap that parents get caught up in when discussing serious issues with their teens is the use of scare tactics. It is a trap because while a scare tactic seems like it should work – it certainly scares us into thinking it will – it often doesn't work at all. Even worse, it can backfire.

Before you feel the need to use a scare tactic in communicating with your teen, read the reasons below why you shouldn't, then check out other alternatives:



Scare tactics simply do not work on teens. Developmentally, teens are still getting the gist of reality. The thought that 'something could happen' means to a teen that 'something will happen to someone else, but not me'. It is always easier to get a message across to your teen when you dwell in the here and now with concrete information.

You lose the respect of your teen. There is a price to pay when you scare someone because being scared hurts. When someone hurts you, you withdraw and lose respect for the person who hurt you. So, instead of opening the lines of communication with your teen about a serious issue, by using scare tactics you've shut the door.

Using scare tactics undermines your credibility. This, to me, is the biggest reason to avoid using scare tactics for any issue that comes up with your teen. There is always a bigger issue around the corner. You'll be needing your credibility in order to keep your teen talking with you, listening to you and caring about his/her family. Guard it by using appropriate communication and discipline skills.

By: Denise Witmer, about.com

Parenting your "tween" not quite Teen



Parenting a tween is one of the hardest jobs parents face in today's ever-changing world. Today's youth are fashion conscious, and technologically savvy, and growing up faster than ever. This has created an entirely new age group and advertisers know it, marketing to 8 to 12 year olds as much as to baby boomers. Tweens are defined as those between the ages of 8 to 12. These are children who are not quite teens, but are too old for nursery rhymes and cartoons. Communication remains key during this age. Although your son/daughter may act like talking to you is the last thing they want, it is important to spend one-on-one

time with your child. Let him/her talk about the things that interest him/her and don't be afraid to ask questions about important topics such as drugs, smoking, peer pressure, and sex. For many parents addressing these topics can be challenging. There are resources available for parents such as the Teen Advisory Board program, that is available for seventh and eighth grade teens & tweens. The WHC has also received \$7,500 from the El Paso Community Foundation for a "tween education" program! For more information or to register your son/daughter please call 521-7482.

9 Tips on loving & nurturing

A Child Is a Child

Learn to see the world through your child's eyes. Give up the illusion that your child is a miniature adult. You promote a child's growth better by embracing immaturity than by fighting it.

Foster Optimism

A child brings loads of hope and good cheer into this world. Teach your child to look life's obstacles squarely in the eye, but never, ever scare your child into becoming a pessimist.

Cultivate Inner Happiness

The greatest gift you can give your child is a sturdy fortress of inner happiness. Outward happiness always will be fleeting and uncertain without this inward foundation.

You Are Your Child's Ideal

If you come across as perpetually unhappy with your child, always acting tough and talking negatively, then your child will expect and want that unhappiness--and will do whatever it takes to get more of it. Do not teach your child to seek unhappiness.

Happy Children Behave

Parenting is not "behavior modification." Cultivating your child's inner happiness is what really leads to good behavior. Chances are your child will behave better if you spend less time trying to change his or her behavior.

Provide Quantity Time

On one side are all the reasons you do not have any to give. On the other are the great rewards you and your child will reap when you manage to do so. Make the effort. Quality Time does not make up for a lack of Quantity Time.

Attention Breeds Independence

Lots of loving attention will make your child independent. Let go of those worries that you will spoil your child, or make your child needy and dependent, by providing too much attention.

Capture the Middle Ground

No parent should feel stuck between being a pushover and a disciplinarian, between letting everything go and relying on the "quick fix" of discipline. You can find a happy medium.

Use Your Head and Trust Your Heart

Always remember: Your parenting instincts are good ones. If your head tells you that tough discipline is necessary, but your heart is not in it, take heed. The foremost expert on parenting is the one you see in the mirror.



Eating Disorders

An eating disorder is an obsession with food and weight that harms a person's well-being. Although we all worry about our weight sometimes, people with an eating disorder go to the extremes to keep from gaining weight. There are two main eating disorders: anorexia nervosa, and bulimia. **Anorexia** People with anorexia are obsessed with being thin. They don't want to eat, and they are afraid of gaining weight. They may constantly worry about

how many calories they take in or how much fat is in their food. They may take diet pills, laxatives or water pills to lose weight. They may exercise too much. Anorexics usually think that they are overweight even though they are very thin. People with anorexia may get so thin that they're sick. **Bulimia** is eating a lot of food at once (called bingeing), and then throwing up or using laxatives to remove the food from the body (called purging). After a

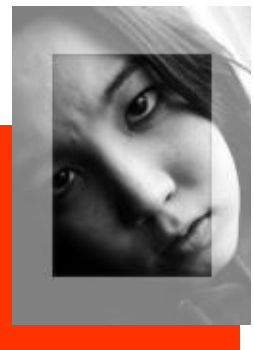
binge, some bulimics fast (don't eat) or over exercise to keep from gaining weight. People with bulimia may also use water pills, laxatives or diet pills to "control" their weight. People with bulimia often try to hide their bingeing and purging. They may hide food for binges. Bulimics are usually close to normal weight, but their weight may go up and down.

Source: Familydoctor.org

Did You Know?

- 8,000,000 or more people in the US have an eating disorder.
- 90% are women.
- Victims may be rich or poor.
- Eating disorders usually start in the teens but may begin as early as age 8.

Source: National Association of Anorexia Nervosa and Associated Disorders.



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Top 5 Reasons To Get Into The GYM!!!

- 1.) Develop Coordination, flexibility, & strength
- 2.) Build self-esteem & confidence
- 3.) Introduce healthy habits
- 4.) Develop social skills
- 5.) It's FUN!!!

Let Elite Youth Sports become part of your kid's life.

Call to schedule your free tour today!

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**QUESTIONS? OR
COMMENTS?**

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